

Vademecum



LET'S LEAVE THE BEACH CLEAN AND IF YOU CAN HELP US LEAVE THE ABANDONED WASTE FROM OTHERS



LET'S AVOID USING VEHICLES ON THE BEACH AND LET'S KEEP AWAY FROM THE DUNES



LET'S AVOID TAKING AWAY SAND, PEBBLES AND SHELLS



WE MUST REMEMBER THAT VEGETABLE REMAINS ARE PART OF THE MARINE ECOSYSTEM



WE MUST AVOID TRAMPLING ON THE DUNES



WE MUST NOT COLLECT PLANTS, FLOWERS AND BRANCHES FROM THE DUNE VEGETATION



WHEN WE WATCH AND PHOTOGRAPH THE BIRDS LET US DO IT IN A RESPONSIBLE WAY



WE SHOULD WORK TOGETHER TO PROTECT THE WETLANDS' VEGETAL SPECIES



WE SHOULD NOT LEAVE OUR PETS FREE TO ROAM



REMEMBER THAT WETLANDS ARE NOT A DUMP

Discover every point of our **Vademecum**



During your stay you can protect the places you love through small but very important actions



LET'S LEAVE THE BEACH CLEAN AND, WHEN POSSIBLE, LET'S HELP EACH OTHER TO COLLECT THE ABANDONED WASTE

If you have brought all you need to spend a day at the beach, **remember to collect your waste and recycle it in special bags.**

The beaches and the sea are not landfills, and certain materials, especially plastic, take several years to be disposed of. **The waste left on the beach can cause serious damage to the marine environment,** its organisms and our health. What the Anglo-Saxons call marine litter and beach litter is the whole component of waste produced by man and abandoned in natural marine-coastal environments.

Today, most of the marine litter is made of plastic and we find it at sea and on the beaches when the waste is left directly on the site, or because it has been carried in by currents and storm surges. Remember that almost all of the ponds and coastal lines of the Gulf of Oristano, and of the species inhabiting them, benefit from the protection of European or international directives (they can be Sites of Community Importance (SCI), Special Protection Areas (SPA) or Ramsar sites) born from the need to protect their great environmental value. The stretch of coast included between Su Siccu and Porto S'Uedda, and the marine area projected from these points, constitutes the Marine Protected Area of the Sinis Peninsula-Mal di Ventre Island, a precious ecosystem populated by numerous animal species and plants at risk.

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LET'S AVOID USING VEHICLES ON THE BEACH AND LET'S KEEP AWAY FROM THE DUNES

The coastal environment is formed by a set of particularly delicate ecosystems, shaped by the interaction of sea and wind and the presence of a vegetation capable to survive and colonize sandy environments.

Such a state of dynamic balance, slowly forged in very long periods, risks being **irreversibly altered by the irresponsible behavior of man**. Among the many possible gestures produced by the anthropic presence, the transit and parking of **vehicles on beaches and dunes is particularly harmful**.

Wide stretches of coast and sea in the Gulf of Oristano, as well as the system of ponds, are protected by European or international directives. The Sites of Community Importance (SCI) often overlap with the Special Protection Areas (SPA). The Ramsar Convention protects the wetlands. Remember also that the water surrounding the gulf is part of the Marine Protected Area of the Sinis Peninsula-Isola di Mal di Ventre. All animal and plant species found in coastal habitats are heavily threatened by vehicular transit. In fact, the action of the tires on the dunes triggers important erosion phenomena, with almost irreversible consequences.

The prohibition of access and transit on the beach with any type of vehicle is therefore a fundamental measure to reduce the possibility of erosion and depletion of coastal ecosystems. Let's avoid it!

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LET'S AVOID TAKING AWAY SAND, PEBBLES AND SHELLS

Sand and pebbles making up the beaches have formed over millions of years and are there to give us emotions, not to be turned into souvenirs.

The removal of sand, pebbles and shells is a crime punished with heavy fines. Many of the places you will visit are protected by international regulations. The Gulf of Oristano hosts Sites of Community Interest (SCI) and Special Protection Areas (SPA). Long stretches of the coast are part of the Marine Protected Area of the Sinis Peninsula-Mal di Ventre Island. The shells must not be removed, especially if it is a rare specimen that we have never seen. Various species of animals and plants of our coasts and seabeds are protected by law: this applies to the *Pinna nobilis* (the so-called “nacchera di mare”), the *Patella ferruginea*, the sea dates and many other species.

Not knowing how to recognize some of these species and not wanting to risk serious sanctions, the behavior to be adopted is to observe but leave in place everything we find. The purpose of this prohibition is to guarantee the conservation and growth of the existing natural heritage. **We must respect the environment!**

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WE MUST REMEMBER THAT VEGETABLE REMAINS ARE PART OF THE MARINE ECOSYSTEM

Plant remains and other organic fragments stranded along the shoreline are not waste but a part of the marine ecosystem, and they play a fundamental role in the **conservation and protection of beaches and dunes**.

The content of nutritive elements and the capacity of humidity accumulation mean that even in modest conditions of sediment these materials perform a very important function, both for the pioneer vegetation of the beaches, the wind deposits, and by favoring the formation of embryonic dunes. **The subsequent evolution of stabilized dunes and the stability of the beach-dune system depend on these factors**. Remember that almost all of the coastal stretches of the Gulf of Oristano are protected by European or international directives.

The Sites of Community Interest (SIC), for example, describe areas of rich biodiversity. The coastline also takes part in the Marine Protected Area of the Sinis Peninsula-Isola di Mal di Ventre, a fragile and precious marine-coastal ecosystem.

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WE MUST AVOID TRAMPLING ON THE DUNES

Remember that almost all of the **ponds and coastal stretches of the Gulf of Oristano**, and the species inhabiting them, benefit from the protection of European or international directives (they can be Sites of Community Importance (SCI), Special Protection Areas (SPA) or Ramsar sites) born from the need to protect their great environmental value. The stretch of coast included between Su Siccù and Porto S'Uedda, and the marine area projected from these points, constitutes the Marine Protected Area of the Sinis Peninsula-Mal di Ventre Island, a precious ecosystem populated by numerous animal species and plants at risk. **The first dune cordons meet the action of sea winds heavy with salt, attenuating their strength, diverting them upwards and performing a defensive function towards the more internal ecosystems.** The existence of the dune system is possible only thanks to the vegetation present along the coast. This consists of a relatively low number of species, but highly specialized and suitable for a difficult environment characterized by high daytime temperatures, high and constant windiness and, above all, high substrate salinity. Defending the dunes does not only mean protecting them against erosion and against other causes of destruction. It also means **ensuring the necessary conditions for the conservation of the physical, chemical and biological properties on which the stability and fertility of the surrounding territories depend.** We must therefore avoid any form of trampling and use on the contrary the appropriate walkways.

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WE MUST NOT COLLECT PLANTS, FLOWERS AND BRANCHES FROM THE DUNE VEGETATION

The coast of Oristano not only hosts the large Marine Protected Area of the Sinis Peninsula-Mal di Ventre Island, but is protected by international directives. There are many Sites of Community Interest (SIC), places where biodiversity has been considered of essential value.

Every element, be it sand or plant, is part of a fragile and complex habitat. Plants and flowers found on the beaches or on the dunes, such as the splendid sea lilies (*Pancratium maritimum* L.) perform a fundamental task by **retaining natural materials such as roots, leaves and sand, which would otherwise be carried away by the wind. Do not step on flowers and plants.** The damage, as well as the collection, creates serious imbalances in the ecosystem and is severely punished by law with heavy fines.

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WHEN WE WATCH AND PHOTOGRAPH THE BIRDS LET US DO IT IN A RESPONSIBLE WAY

It is important that everyone respects clear rules and behave in a responsible manner when we observe or photograph birds. Bird welfare and nature conservation always come first.

Let us not disturb them by reproducing their calls and songs. Abnormal sounds can transmit messages of danger and create a strong discomfort in them. Remember that almost all of the ponds and coastal stretches of the Gulf of Oristano, and the species that inhabit them, benefit from directives born of the need to protect their great environmental value.

The Ramsar Convention has been protecting the avian species that inhabit wetlands for almost half a century. The Special Protection Areas (SPA) identify all the habitats that must be protected to ensure the conservation of wild migratory birds. **Particular attention must be paid in these areas during the periods of nesting.**

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WE SHOULD WORK TOGETHER TO PROTECT THE WETLANDS' VEGETAL SPECIES

Wetlands are environments characterized by an extraordinary biodiversity and a strong vulnerability. These sites host many extremely valuable plant species, some of which are particularly rare. Wetlands play an important and irreplaceable function as refuge areas for species and vegetal associations that otherwise would not find elsewhere a suitable habitat for their survival.

The fragile ecosystem complexity of wetlands is protected by the Ramsar Convention and EU directives aimed at identifying Special Protection Areas (SPA).

Rushes are a typical habitat of wetlands, and they are essential for the nesting of many birds. The submerged area of the reeds is also the habitat of reproduction and larval development for various species of fish, amphibians and invertebrates.

The reed bed has an essential function for the purification of the bodies of water. It is absolutely necessary to avoid lighting fires near the reeds. Each plant is an important element in the habitat balance. **Do not damage it.**

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WE SHOULD NOT LEAVE OUR PETS FREE TO ROAM

Habitats such as coastal dunes and wetlands are extremely delicate ecosystems. **We cannot leave our pets free to roam without a leash.**

Any behavior of our pets, if not controlled, could cause serious damage to the survival of the wild species that live there. One of the species at greatest risk is the kentish plover, a small bird at **serious risk of extinction**, which lives on our beaches building its nest on the sand in the spring-summer period, the one most affected by tourism.

If frightened, the **kentish plover** could leave the nest and let the brood die. Remember that almost all of the ponds and coastal stretches of the Gulf of Oristano, and the species that inhabit them, benefit from European or international directives (they can be Sites of Community Importance (SCI), Special Protection Areas (SPAs) or Ramsar sites) born from the need to protect its great environmental value

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REMEMBER THAT WETLANDS ARE NOT A DUMP

Remember that almost all of the ponds in the Oristano area are protected by the Ramsar Convention, established almost half a century ago **to protect the wetlands' flora and fauna.**

Ponds are also protected by European community directives thanks to which Sites of Community Interest (SCI) and Special Protection Areas (SPA) have been identified.

Despite this, there were 978 infractions in Sardinia: real attacks on the fragile ecosystem balance of sea and coasts. Over 1500 people were reported and 208 were the requisitions. **The territory of Oristano is often endangered by those who get rid of ordinary and special waste by abandoning it or burning it.**

This habit determines the pollution of the soil and aquifers.

The fumes released by fires appear to be harmful not only for humans, but to the entire surrounding ecosystem. Wetlands, often mistakenly perceived as being of little value, appear to be among the most affected by environmental crimes. Take part in protecting the environments you are discovering in your trip. Report to the competent municipal offices or the Guardia Forestale the presence of dumps or heaps of waste. Remember that sanctions do not apply only to large accumulations composing illegal dumps, but also to littering: **dropping waste** of very small dimensions like cigarette butts, in urban centers as in beaches, is equally sanctioned.